

## Know Your Learning Style

Learning styles are, simply put, the different ways in which we learn. Some people learn best by interacting with others, while others need time to think things through on their own. In general, there are three types of learning styles: visual, auditory, and tactile/kinesthetic.

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### Visual Learners ... learn through seeing

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People who are visual learners understand information best when it is presented through charts, diagrams, maps, pictures, videos, slides, and handouts. They often “see” words in their mind when they are trying to spell, and remember faces and places better than names or conversations. It is very important for visual learners to sit at the front of the class so they have an unobstructed view of the teacher and are not distracted by the movements of other students. Visual learners should avoid studying in places with a lot of activity, such as the student union or other campus social venues.

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### Auditory Learners ... learn through hearing

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People who are auditory learners understand information best when it is presented orally through lectures, discussions, or tapes. They often need to sound out words when they are trying to spell, and remember conversations better than faces or places. It is very important for auditory learners to sit where they can clearly hear the teacher. Auditory learners learn best in study groups where they can discuss coursework and assignments, and in quiet places away from loud or distracting noises.

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### Tactile/Kinesthetic learners ... learn through activities, movement, and touching

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People who are tactile/kinesthetic learners understand information best in hand-on classes, such as science labs. Tactile/kinesthetic learners are curious about the way things work, and may enjoy taking things apart and putting them back together. They might also have hobbies such as sewing, woodworking, gardening, or athletics. Tactile/kinesthetic learners may have difficulty sitting still for a long period of time, and will do best by spacing out their classes throughout the day to give them time to move about in between classes.